

National Pool Lifeguard Qualification Units 1 & 2

£200

Mon 12 April - Sat 17
April
8am - 5pm

Bradford Road
Sherborne
Dorset
DT9 3DA
T: 01935 818270

Oxley Sports Centre
Sherborne

Useful information

You must be able to attend all days to complete the whole course and then take the exam:

Monday 12 April - Saturday 17 April *8am - 5pm

Exam is on Friday

Unit 2 is on Saturday

(*please note times may vary slightly day to day)

Requirements:

- Be able to meet the following fitness requirements
 - Jump/dive into water
 - Swim 50 metres in no more than 60 seconds
 - Swim 100 metres continuously on front and back
 - In deep water tread water for 30 seconds
 - Surface dive to the floor of the pool
 - Climb out unaided without ladder/steps and where the pool design permits
 - Goggles are not permitted

Qualifications:

- If you have one of the following (see list below) you may be exempt from some of the training ,proof will need to be shown on the first day:
 - Current RLSS UK National beach lifeguard qualification
 - Current RLSS UK bronze Medallion or higher award
 - Current HSE approved First Aid at Work Certificate or Occupational First Aid Certificate
 - Current RLSS UK life support 3 Award or equivalent
 - Current STA NARS [PL] Qualification

You will need:

- Packed lunch and drink as there are only vending facilities available
- Comfortable clothes
- 2 x Costume, 2 x towel, t-shirt and shorts to wear in the water, you will be expected to be in the water twice a day.
- Must be 16 years of age prior to commencing the course.
- Complete a minimum of 31 hours contact training hours of theory and practical training prior to assessment

BOOKING FORM

Please indicate how you found out about the course?

- The media Word of Mouth Through the Centre Flyer Website

Name		D.O.B	
Address			
	Post Code		
Contact Number			
Email Address			
Do you have any medical conditions we should be aware of?	Yes	No	
If yes, please give details			
Office use only:			
Payment received:			
Receptionist:		Date:	
On register:			